REPORT

OF THE

NATIONAL HEALTH SOCIETY.

1888.

NATIONAL HEALTH SOCIETY.

1887-1888.

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Subscriptions and Donations may be paid to the Secretary at the Office, 44, Berners Street, Oxford Street, London, or to the account of the Treasurer, at the London and Westminster Bank (Bloomsbury Branch), 214, High Holborn, London. Post Office Orders to be made Payable in the name of Fay Lankester, at the Post Office, Charles Street, Middlesex Hospital, W.

THE OFFICES OF THE SOCIETY ARE OPEN EVERY DAY EXCEPT SATURDAY, 2 TO 5, 44, BERNERS STREET, W.

REPORT.

THE Committee of the National Health Society have this year to lay before their friends and subscribers the Fifteenth Annual Report of the Society's work.

The following lectures have been delivered during the past year by the Society's lecturers in town-halls drawing-rooms, workmen's clubs, at mothers' meetings and institutes of various kinds.

DR. SCHOFIELD'S second course of lectures at the Public Baths, Paddington, on Health and Temperance, followed by Ambulance Teaching, was inaugurated by a meeting at which Lord Randolph Churchill, M.P., promised to preside. In the unavoidable absence of Lord Randolph, the chair was taken by the Rev. J. C. Ridgeway, Vicar of Christ Church, Lancaster Gate. Sir James Crichton Browne, M.D., addressed the meeting; and was supported on the platform by Sir Spencer Wells, Bart., Sir Frederick Pollock, Bart., Frederick Treves, Esq., F.R.C.S., Dr. Thorne Thorne, and many other friends of the Society.

At the end of the course, Lady Randolph Churchill was kind enough to present the certificates to the successful candidates for examination, and to join the Society.

MISS BARNETT has given courses of twelve lectures on Cookery, for the Recreative Schools Association, and a course of Practical Cookery at Dulwich. A large class for instruction in DOMESTIC ECONOMY was formed by Miss Snowden, of 202, Brixton Hill, and after one term's regular instruction by Miss Barnett, twelve of her pupils went up for the Society of Arts examination in Domestic Economy, and every one of them passed —two in the first class. A similar course was given to a large class of girls at Harold House, Lansdowne Road. More simple courses have been delivered to the girls of the Girls' Friendly Society, at Burdett Hall, Westminster, and the George Yard Mission Hall, Whitechapel.

At Richmond, Miss Barnett has given three lectures on House Sanitation for the Richmond Sanitary Aid Association, on behalf of the National Health Society.

Other single lectures have been delivered at Brixton Limehouse and Westminster, to gatherings of working men and women.

In the autumn, Miss Barnett went to South Wales on a lecturing tour, and visited Carleon, Belmont, Newport, Abergavenny, Llandaff, St. Melans Magor, and other places. A larger and more extensive tour has been arranged for next autumn.

Any members or friends residing in the South Wales district desirous of having in their neighbourhood courses of lectures on DOMESTIC ECONOMY, or NURSING are requested to communicate with the Secretary before August. These courses are considered highly satisfactory.

The following is the syllabus of a course of lectures on Domestic Economy, by Miss Barnett, which the Society is pleased to organize where a good room and

a sufficient number of ladies to form a class can be found.

COURSE OF SIX LECTURES ON DOMESTIC ECONOMY AND HOUSEHOLD MANAGEMENT.

I. Healthy Life.—How to live it. Choice of employment. Long life and a short one. Life and wages. The necessaries of life. The necessaries for healthy life. Homes and health. Habits and health. Town and country. The housewife, and what she may do.

II. Healthy Houses.—(Hints for everyday people.) Choosing a house. What to look out for, and where to look. Soil. Aspect. Situation. Drains. Ventilation. Water supply. The traps. Dust-bins and the dustman. Disinfectants: what they can and cannot do. Cheap furniture.

III. Healthy Homes.—(Help for the poor.) A two-roomed home. How to choose it and make the best of it. Makeshift furniture, ventilation, etc. The landlord and the neighbours. Cheap disinfectants, and how to use them.

IV. Healthy Diet.—What to eat, and why. Diet for the child, the worker, the idle, the invalid. Food, work and wages. The consequences of bad food. Drink and "the drink." How to keep food, and why it keeps. Hints on marketing. How to choose meat, fowls, fish, flour, etc.

V. Healthy Clothing and Skin.—What to wear, and why. Cheap clothes and dear clothes. How we catch cold. Hot and cold water. Baths and bathing in sickness and health.

Figures, feet, and fashion. Preventible diseases.

VI. Healthy Habits.—Training in health. How to make the best of bad bargains. Good habits of body. Good habits of mind. Thrift: what it is, and what it is not. How to provide for the future. Temperance.

Each lecture lasts about an hour, and is illustrated by

diagrams, models, specimens of good and bad foods, etc., etc., as occasion shall offer. At the conclusion of the lecture half an hour is devoted to showing various appliances, and answering questions. The lectures will be followed by examination, and subjects are given out for weekly written papers.

Courses of Lectures on Nursing the Sick, by Miss Homersham (late of the London Hospital), Miss E. Barnett.—Ambulance Classes held by Owen Lankester, Esq., M.R.C.S., H. W. Gell, Esq., M.B., Edgar Willett, Esq., F.R.C.S., have been found very popular, and have proved a source of income to the Society, the proceeds paying for similar classes in poor districts of London where admission is one penny, and in some cases free.

Nursing Lectures have been given at Blackheath (two sets), Wandsworth, Greenwich, Brixton, Kensington, Wimbledon (four sets), Belsize Park, Somers Town, Westminster, Hoxton, Stoke Newington, Camden Town, Whitechapel and Stamford Hill.

Ambulance Classes, in most cases, and examinations in all cases, have followed the Nursing Lectures, and the Society's certificates have been awarded.

EXAMINATIONS.—At Belsize Park a class of 150 ladies attended Miss Homersham's class, 50 went up for examination, and 20 passed. These examinations are not merely pass-examinations, but are really proofs that the successful examinees would be practically useful in a sick-room. Nothing but years of experience in a hospital can make a qualified trained nurse; but the practical instruction in the art of nursing, and in the management of a patient and of a sick-room given by these lectures is valuable knowledge, which every woman is the better for possessing.

SYLLABUS OF LECTURES ON SICK NURSING.

TUESDAY, FEB. 14th.—I.—INTRODUCTORY.—The Sick-room—Its aspect—Arrangement—Furniture—Cleaning—Warming and ventilating. The bed—The bedstead and bedding—Changing sheets—Draw sheets—Pillows—Mackintoshes—Cradles—Sandbags—Bed-rests. The Nurse—her attributes and duties.

TUESDAY, FEB. 21st.—II.—NURSING DETAILS.—Diet—Why and when solid food should not be given—What is and what is not nourishing food—Milk—Beef-tea—Some special diets—Stimulants, tea and other drinks. Medicine—How to measure, when and how to give it—Sleeping and composing draughts—Enemata, simple—Starch—Nutrient.

TUESDAY, FEB. 28th.—III.—MEDICAL NURSING.—The use of the clinical thermometer—Counting and observing the pulse and respiration—What a nurse should notice with regard to the patient's sleep—Attitude—Appearance, etc.—Sickness: how to control it.

TUESDAY, MARCH 6th.—IV.—MEDICAL NURSING, *cont.*—The nursing of cases of bronchitis, pneumonia, pleurisy, heart disease—How to make and apply linseed and other poultices—How to prepare fomentations—Mustard plasters and mustard leaves—blisters—leeches.

TUESDAY, MARCH 13th.—V.—INFECTIOUS DISEASES.—Special precautions—Isolation—Use of disinfectants—Carbolic acid — Sanitas — Quarantine—Fumigation. The nursing of cases of typhoid fever, scarlet fever, diphtheria.

TUESDAY, MARCH 20th.—VI.—SURGICAL NURSING.—How to stop bleeding: arterial, venous, and capillary—How to dress a burn—Care of cases of fracture and amputation—Bed sores, and how to prevent them—The complications of surgical cases—Erysipelas—Pyæmia—Gangrene.

At the conclusion of the course an Examination is held, and

the Certificates of the Society awarded to the successful candidates.

SYLLABUS OF AMBULANCE LECTURES.

LECT. I.—Introduction—First-Aid to the Injured: what it means—The Structure and Organs of the Human Body, including a Brief Description of the Bones, Muscles, Nerves, and Bloodvessels—The Functions of the Circulation, of Respiration, of the Nervous System, and of Digestion.

General Directions for rendering First-Aid to an Injured or Sick Person.

The Triangular Bandage; and how it is used.

LECT. II. — Hæmorrhage: how to tell its Source — The Position of the Main Arteries—How to treat Bleeding in various parts of the Body.

The Application of Tourniquets.

LECT. III.—Fractures: how to tell them, and how to give first-aid—Dislocations.

The Application of Splints, etc.

LECT. IV.—Sprains—How to render First-Aid to Simple Wounds, to Bites and Stings, to Burns and Scalds—Poisons: their effect and treatment—Choking, Hanging, Suffocation, Drowning, and the Restoration of Life in the Apparently Drowned or otherwise Suffocated.

LECT. V.—Insensibility: its various causes and how to tell them—How to give First-Aid to the Fainting, to those Suffering from Epileptic or Apoplectic Fits, from Sunstroke, Stunning, Shock, Intoxication.

General Directions for Carrying Injured or Sick Persons.

Hints as to the General Treatment of Persons Suddenly Sick or Injured — Preparation of the Patient for Bed, and of the Bedroom—Brief Suggestions as to the Administration of Food, Drink, Medicine, the Application of Poultices, Fomentations and Lotions.

The Lectures are accompanied by practical illustrations of the methods of treatment described.

At the conclusion of the course an Examination is held, and Certificates of the National Health Society are awarded to the successful candidates.

These special classes have been attended by something over 2,500 ladies.

In one case, a special prize for the nurses of children, offered by a lady, was successfully competed for.

On the evenings of the days on which the lectures have been delivered in the outlying suburbs of London, classes on Health and Sick Nursing have been held by Miss Homersham, for WORKING WOMEN in the poorer parts of the same districts.

SYLLABUS FOR WORKING WOMEN.

I.—Healthy Homes.
II.—Good Food.
III.—Babies, and how to rear them.
IV.—Sick Nursing.
V.—Accidents, and how to act.

DR. GELL'S AMBULANCE LECTURES at St. Paul's, Paddington, and at Stephen's, Westbourne Park, to men and boys, and at Toynbee Hall, Whitechapel, to women, and at Tottenham, to a mixed audience, have proved most attractive and useful.

To meet a want often experienced by the Society when asked to recommend a small cheap manual on "What to do till the doctor comes," Dr W. H. Gell has compiled a concise and complete little book, entitled "Aid to the Injured and Sick," which is published by the Society, bound in cloth, 6d. This little book has been exceedingly well reviewed in the *British Medical Journal* and other papers, and the second edition is about to be issued. The thanks of the Society are due to Dr. Gell for this most valuable addition to its publications.

DR. BERNARD O'CONNOR has delivered for the Society in many parts of London popular and much appreciated lectures on Health. At the Saturday Evenings for the People, Stoke Newington, he has lectured three times to audiences of upwards of 600 working men and women each night; also at the Free Library, Bethnal Green. Dr. O'Connor has most good-naturedly consented to stay after the delivery of these lectures in order to answer questions put to him by his interested audience.

At Tottenham, he delivered a course of lectures on Health.

1. The Human Machine, and how kept in repair.
2. The Use and Abuse of Stimulants.
3. Fallacies, Fashions and Facts.
4. The Mind and its Culture.

A special and urgent application having been made to the National Health Society by the Vicar of Fulbourne for a clear exposition of the subject of drainage, etc., to be set before a popular audience with a view to bringing pressure to bear on the Local Sanitary Authority to take steps towards preventing the spread of a renewed epidemic of enteric fever in the district, Dr. Bernard O'Connor went down on behalf of the Society, and addressed a specially convened and an enthusiastic public meeting, at which, having fully dealt with the structural and other insanitary defects of village tenements, and the want of habits of simple cleanliness by the majority of persons, he pointed out the method to be pursued in order to force the local authority (through the Local Government Board) to take action in the matter, and expounded various clauses of the Public

Health Act of 1875 which deal with these and kindred subjects.

Dr. O'Connor (as well as Miss Barnett) has lectured for the Richmond and Petersham Sanitary Aid Association [in connection with the National Health Society], on "PREVENTION OF FEVER."

During the epidemic of scarlet fever in London last autumn, Dr. O'Connor, Mrs. Defries, Miss Barnett, and Miss Homersham—all of the Society's lecturers—were good enough to give free lectures amongst the very poor in Hoxton, Lambeth, Westminster, Battersea, and elsewhere, on the PREVENTION OF THE SPREAD OF INFECTION. Many thousands of the Society's leaflets and pamphlets were sold and distributed.

A circular letter was sent round to the Medical Officers of Health, Rural Sanitary Authorities, and householders in the metropolis, calling attention to the Society's cheap literature on the subject of scarlet fever.

How to Prevent the Spread of Scarlet Fever, 1d.
Hints to avoid catching Fever and other diseases, 1d.
Rules for Disinfection and Isolation, 1d.
Lessons on the Prevention of the Spread of Fevers, by the late Mrs. Johnstone, of Hastings, 1s.
Clear Directions for Prevention of the Spread of Fever. For Girls' Schools, 2d.

The Society has purchased the whole of the late Mrs. Johnstone's stock of books and pamphlets, and has obtained the right of reprinting any of her publications. Copies of her pamphlets can be had on application at the Society's offices.

DR. EDWARD CROSSMAN, member of the Medical Health Society, has delivered a course of lectures on Elementary Physiology, to the Students of Fishpond's Female Training College, Gloucester.

DR. FLETCHER has delivered a course at Highgate, and

MR. GEORGE DOVE at Hatfield Park.

DR. MUMBY has given lectures at Portsmouth.

DR. ROBERTS, M.O.H., Keighley, has delivered health lectures in connection with the Society at Keighley.

MISS ROSE NICHOLLS has been kind enough to give for the Society some "simple talks" on Health, Cookery, and Home Nursing to classes of working girls.

DR. PROSSER WHITE, of Wigan, after giving a course of lectures on House Sanitation, was kind enough to present his Diagrams to the Society.

LECTURES.—The Society is glad to arrange for SPECIAL COURSES of lectures in public rooms, or drawing-rooms, in London and the suburbs, on FIRST AID TO THE INJURED, NURSING THE SICK, and DOMESTIC HYGIENE. Each series to consist of six lectures, by a competent lecturer.

Any lady willing to act as Hon. Sec. for the course should ensure a class of not less than twenty-five persons, and the loan (or the use by payment) of a room for the delivery of the lectures.

The Society will defray all expenses, provide a lecturer, diagrams, books, bandages and all necessary appliances. Fee (for each person) for the course, 7s. 6d. Examination fee, 2s. 6d. Application should be made to the Secretary, 44, Berners Street.

EXAMINATIONS IN THE COUNTRY.—Examiners can be sent INTO THE COUNTRY for those wishing to obtain the Society's certificate.

THE METROPOLITAN PUBLIC GARDENS ASSOCIATION.—This most useful Association, which is in connection with the National Health Society, has done

an active year's work. The report, lately published, shows that during 1887 ten gardens and playgrounds were laid out and opened to the public by the Association, while assistance was given by grants of money seats, etc., to ten others. Several playgrounds attached to Board Schools in poor districts have, with the consent of the London School Board, been opened on Saturdays to all children in the neighbourhood, the necessary expense being borne in each case by a member of the Association; a grant of £10 16s. 8d. enabling this body to open one playground on every Saturday in the year. Besides many other successful pieces of work may be mentioned grants to six public gymnasia, and the placing of seats in three thoroughfares.

The Society is doing a grand work all over London, and its influence is often felt where least expected; while its example has produced satisfactory results in the Metropolitan Board of Works, the Vestries and Local Boards, and other bodies.

A large sum of money has lately been furnished by a committee appointed by the Lord Mayor, in response to a public appeal on behalf of the unemployed; and at the present time a park of fourteen acres is being laid out in Camberwell, as well as the gardens round the Tower, and certain smaller recreation-grounds. It is therefore hoped that the public may liberally support the Association, so that these and many other works may be successfully carried through during the current year.

NORTH LONDON COLLEGIATE SCHOOL FOR GIRLS.—The Society's prizes for proficiency in the Laws of Health and Domestic Economy were this year gained

by Miss Ethel Hunt, Miss Emily Newton, Miss Florence Mays, and Miss Elsie Sellers.

LONDON SCHOOL BOARD.—As the sum especially set apart for awarding prizes in the London Board Schools for Laws of Health and Domestic Economy amounts to only £5, the Board wish to postpone the examination until next year.

LIVERPOOL SCHOOL BOARD.—Sixty-two girls were examined from eleven schools.

"The proportion of really creditable work is much higher than at previous examinations. Much good must result from the very efficient teaching which it is evident has been given on this subject."

From EXAMINER'S REPORT.

CERTIFICATION OF FOREIGN HOTELS.—A letter on this subject has appeared in the *Times*, inviting the co-operation of all Italian Sanitary Associations, and expressing the willingness of the Society to send out competent inspectors for the certification of Italian hotels. For this purpose the Society has secured the co-operation of Messrs. Cook and Son and of many persons resident in Florence and Rome.

MEMBERSHIP.—*Members of the Society are entitled to a ticket for all lectures given under its auspices, to a copy of all its publications, and to the loan of diagrams and apparatus for lectures; and advantages are afforded in the arrangement and organization of lectures in their respective districts.*

The Committee are glad to facilitate the action of members respecting the sanitation of their own dwelling-houses.

Membership is constituted by the payment, annually, of £1 1s., *or by the single payment of* £10 10s.

NATIONAL HEALTH SOCIETY.

Cash Statement for the Year ending December 31st, 1887.

Dr.

	£	s.	d.
To balance from last account	2	7	3
„ Subscriptions and Donations ...	265	8	0
„ Proceeds of:			
Lectures	241	3	10
Sale of Pamphlets, etc., at Office ...	36	12	10
Do. at Allman and Sons	6	7	10
„ Amount received for Advertisements	19	10	0
„ Do. for Rent of Office	15	0	0
„ Dividends:			
Canadians	3	11	0
Consols	3	0	0
	£593	0	9

Cr.

				£	s.	d.
By Rent and Attendance				100	0	0
„ Secretary's Salary				75	0	0
„ Assistant Secretary's Salary ...				30	0	0
„ Commission to Secretary				26	15	0
„ Office Expenses				23	8	5
„ Printing and Publishing				50	2	9
„ Stationery				8	17	6
„ Postage and Telegrams				25	13	4
„ Expenses of Lectures				173	6	11
„ Do. Exhibition at Albert Palace ...				3	5	0
„ Books				17	12	9
„ Travelling Expenses...				4	13	5
„ Advertising				30	6	0
„ Balance:						
In hands of Treasurer...	23	2	10			
Petty cash	0	16	10	23	19	8
				£593	0	9

CAPITAL ACCOUNT.

	£	s.	d.
Investments:			
Three per Cent. Consols	100	0	0
Canadian Bonds	100	0	0
	£200	0	0

HENRY WALDEMAR LAWRENCE,
Hon. Treasurer.

Audited, CHARLES BELTON,
FREDERICK POPE,
28th March, 1888.

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Atkins Filter Company	1	1	0
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Baker, Miss	1	1	0
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Bale, H. J., Esq. ...	1	1	0
Barnet, Mrs. George ...	1	1	0
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Billing, R. C., Esq. ...	1	1	0
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Eassie, W., Esq. ...	1	1	0
Edis, Colonel	1	1	0
Enfield, R., Esq. ...	1	1	0
Eve, Richard, Esq. ...	1	1	0
Farquharson, Dr., M.P.	1	1	0
Field, Rogers, Esq. ...	1	1	0
Fitzgerald, Vezey, Esq.	1	1	0
Fletcher, Rev. Henry W.	1	1	0
Flower, Prof.	1	1	0
Foster, A., Esq.... ...	1	1	0
Fry, Mrs. Theodore ...	1	1	0
Galton, Sir Douglas ...	1	1	0
Giles, F. W., Esq. ...	1	1	0
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Godwin, George, Esq. ...	1	1	0
Goldsmid, Miss	1	1	0
Gover, Henry, Esq. ...	1	1	0
Grant, Alexander, Esq.	1	1	0
Hallowes, Miss	1	1	0
Hallowes, Miss K. ..	1	1	0
Hamilton, Lieut.-Colonel	1	1	0
Hammond, Mrs. Mark ...	1	1	0
Hampton, Miss Ethel ...	1	1	0
Hancock, Mrs.	1	1	0
Harris, Dr. Alfred ...	1	1	0
Hart, Ernest, Esq. ...	5	0	0
Haslam, Miss Rosa ...	1	1	0

	£	s.	d.
Head, Mrs. Henry ...	1	1	0
Healey, Alfred, Esq. ...	1	1	0
Hellyer, Steven, Esq. ...	1	1	0
Henriques, Alfred, Esq.	1	1	0
Herringham, Mrs., 1886 and 1887	2	0	0
Heywood, James, Esq....	1	1	0
Hills, Thomas Hyde, Esq.	1	1	0
Hogg, Lady Stewart ...	2	1	0
Holland, Mrs. E. ...	1	1	0
Hollond, Mrs. John ...	1	1	0
Holmes, Mrs. Basil ...	1	1	0
Hudson, Mrs. R. W. ...	1	1	0
Hurst, T. J., Esq., E.C.	1	1	0
Isham, Sir Charles ...	1	1	0
Jaeger's Sanitary Woollen Company	1	1	0
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Jennings, Richard, Esq.	1	1	0
Jennings, T., Esq. ...	1	1	0
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Joshua, Mrs.	1	1	0
Kennedy, Mrs.	1	1	0
Kemp, Mrs.	1	1	0
Kemp, —, Esq.	1	1	0
Lambert, C. J., Esq. ...	1	1	0
Lance, H. R. H., Esq. ...	1	1	0
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Latham, Baldwin, Esq.	1	1	0
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Lawrence, H. W., Esq....	1	1	0
Lawrence and Co., Messrs.	1	1	0
Leeke, Mrs. S.	1	1	0
Leonard, Hugh, Esq. ...	1	1	0
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Levy, Miss Matilda ...	1	1	0
Loveday, George, Esq. ...	1	1	0
Löwy, Rev. A.	1	1	0
Maikins, Mrs.	1	1	0
Manning, Miss E. ...	1	1	0
Markby, Alfred, Esq. ...	1	1	0
Mason, Miss Bertha ...	1	1	0
Martineau, Miss M. ...	1	1	0
Mathews, C. P., Esq. ...	1	1	0
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McLaren, Mrs. Charles...	1	1	0
McNaught, Rev. J. ...	1	1	0

	£	s.	d.
McSorley, Rev. Hugh ...	1	1	0
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Mineard, E. G., Esq. ...	1	1	0
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Odgers, W. B., Esq. ...	1	1	0
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Parsons, Dr.	1	1	0
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Pease, Mrs. Gurney ...	1	1	0
Pears, Messrs. A. and F.	1	1	0
Pembroke, Countess of...	1	1	0
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Raphael, Mrs. H. ...	1	1	0
Reed, Mrs.	1	1	0
Ridley Miss	1	1	0
Ripon, Bishop of ...	1	1	0
Robinson, Miss	1	1	0
Romanes, Mrs.	1	1	0
Roget, Miss	1	1	0
Russell, Lady Agatha ...	1	1	0
Russell, Hon. Rollo ...	1	1	0
Salmon, S., Esq. ...	2	2	0
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Samuelson, Sir Bernard, M.P.	1	1	0
Sanitas Company, Limited	1	1	0
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	£	s.	d.
Sargent, Mrs.	1	1	0
Saumarez, Hon. James...	1	1	
Schofield, A. T., Esq., M.D.	1	1	0
Schwann, J. F., Esq. ...	1	1	0
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Shaen, W., Esq.... ...	1	1	0
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Smith, Dr. Wilberforce...	1	1	0
Smith, Moore, Esq. ...	1	1	0
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Snell, Saxon H., Esq. ...	1	1	0
Stanley of Alderley, Dowager Lady ...	1	1	0
Startin, James, Esq. ...	1	1	0
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Taylor, W. Cooke, Esq.	1	1	0
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Thorne, Thorne, Dr. ...	1	1	0
Tompkinson, E. T., Esq.	1	1	0
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Wells, Sir Spencer, Bart.	1	1	0
Welch, Mrs. Kemp ...	1	1	0
Westminster, Duke of ...	5	0	0
White, Mrs. F. A. ...	2	2	0
Wharncliffe, Countess of	1	1	0
Winkworth, Mrs. ...	1	1	0
Williams, Miss Caroline	2	2	0
Willyams, Mrs. Bridges	1	1	0
Wills, Mrs.	1	1	0
Woollams and Co. ...	1	1	0
Woodall, W., Esq., M.P.	1	1	0
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1888.

	£	s.	d.
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Gill, Miss (*don.*)... ...	0	2	6
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Hardcastle, Hon. Mrs....	0	10	0
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Illingworth, Mrs. Alfred	0	10	6
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Martineau, Miss M. C....	0	10	6
Martineau, Miss A. C....	0	10	6
Martineau, Gertrude ...	0	10	6
Mallet, Mrs. Charles ...	0	10	6
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Power, Sir Alfred (*don.*)	1	0	0
Schwann, J. F., Esq. (*don.*)	1	1	0
Sharpe, Miss M. C. ...	0	10	0
Swinton, Miss	0	10	0
Tenant, Mrs.	0	10	6

REPORT

OF THE

NATIONAL HEALTH SOCIETY.

1888.

NATIONAL HEALTH SOCIETY.

1888-1889.

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KEIGHLEY—SANITARY ASSOCIATION.

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Subscriptions and Donations may be paid to the Secretary at the Office, 44, Berners Street, Oxford Street, London, or to the account of the Treasurer, at the London and Westminster Bank (Bloomsbury Branch), 214, High Holborn, London. Post Office Orders to be made Payable in the name of Fay Lankester, at the Post Office, Charles Street, Middlesex Hospital, W.

THE OFFICES OF THE SOCIETY ARE OPEN EVERY DAY EXCEPT SATURDAY, 2 TO 5, 44, BERNERS STREET, W.

REPORT.

THE Committee of the National Health Society have this year to lay before their friends and subscribers the Sixteenth Annual Report of the Society's work.

The Society has very largely increased its sphere of work by organizing special courses of lectures in all parts of London and the suburbs, in drawing-rooms, school-rooms, and public halls, on: 1. Domestic Hygiene; 2. Nursing the Sick; and 3. First Aid to the Injured and Sick.

These lectures have proved most popular, and are asked for in all directions.

The following are the rules for organization, examination, award of certificates, medals, etc.:

The National Health Society is glad to arrange for special series of drawing-room lectures on "Domestic Hygiene," including house sanitation, household management, etc., etc.; "Personal Hygiene," including laws of health, prevention of the spread of infectious disease, care of children, etc., etc.; "Nursing the Sick;" "First Aid to the Injured and Sick."

The series consists of six lectures by a competent lecturer.

Examinations for the certificates and medal of the Society are held at the end of each course. These examinations are optional.

Any lady willing to act as hon. sec. should insure a class of not less than thirty persons, each paying a fee of 10s. 6d. for the course, and the loan of a room for the delivery of the lectures.

The National Health Society provides a lecturer, diagrams, books, bandages, and all necessary appliances.

The publications of the Society are entrusted to the hon. sec. (*pro tem.*), on sale or return.

Syllabus of lectures and all particulars can be obtained by letter, or by personal application to the Secretary, 44, Berners Street, Oxford Street, any afternoon except Saturday.

EXAMINATIONS.

The examination is held at the close of each course, and certificates awarded to the successful candidates. Every candidate for examination must have attended four out of the six lectures.

Candidates who fail to pass the examination may present themselves for re-examination at the end of three months. Attendance on a second course of lectures during the interval is optional.

THE MEDAL OF THE SOCIETY.

The medal of the Society is granted by examination.

Candidates for the medal must possess three of the Society's certificates in the above subjects. The certificates may have been obtained in each of the subjects; or a second certificate may have been obtained in any one subject by passing a re-examination in it at an interval of not less than three months. [It is not necessary that candidates, before presenting themselves for such re-examination, should have attended a second course of lectures on the subject.]

Candidates may present themselves for the examination for the medal not less than six months after obtaining their third certificate. They will be examined in the subjects for which they have obtained certificates. Candidates, when sending in their names for the medal examination, must state which subjects they wish to be examined in.

Examination fee, 2s. 6d.

The fee for re-examination in any subject is 5s.

The fee for examination for the medal is 5s.

Those who are desirous of securing courses of lectures at any centre should apply to the Secretary.

The Society is willing to allow special modifications in the above regulations and scale of fees under exceptional circumstances, with the view of meeting the requirements of particular districts; for this, special application must be made to the Secretary.

NURSING LECTURES.

Miss E. M. Homersham (late of the London Hospital) has given upwards of eighty lectures on "Nursing the Sick" for the Society during the year, and her lectures, which are thoroughly practical, though rudimentary, continue to be most popular.

The thanks of the Committee are due to those ladies and gentlemen who have so materially assisted the efforts of the Society, by either lending their houses for the delivery of these lectures or promoting and organizing classes in their different neighbourhoods, viz., Lady Meath, Lancaster Gate; Mrs. Arthur Lewis, Moray Lodge; Lady Locock, Gloucester Square; Mrs. Bridges, Wimbledon; Miss Foster, Kensington; Mr. and Mrs. Cunnington, West Hampstead; Mrs. Davidson and Miss Witts, Wimbledon; Miss Pritchard, Stoke Newington; Miss Stephenson, Westminster; Miss Ballard, Walton-on-Thames; Mrs. Watts, Chiswick; Lady Egerton of Tatton, St. James's Square; Miss Morgan, Kensington; Dr. and Mrs. Stephenson, and Miss Walker, Brixton.

The drawing-room lectures have been attended by from 30 to 120 ladies in each class, and have been

illustrated by a patient in bed, bedding, and all the nursing apparatus of a sick-room. Examinations have been held at the close of each course.

The students have evinced the warmest enthusiasm in these courses of teaching, copious notes have been taken, and the subject of the lecture has been read up and practised between each lecture.

AMBULANCE LECTURES.

During the year 1888, Owen Lankester, Esq., M.R.C.S., has given seven courses of ambulance lectures, at Belsize Park, Stoke Newington, Collingham Gardens, Buckingham Palace Hotel, Chiswick, Wimbledon, and Clapham Park. The audiences at these lectures were chiefly ladies; much interest was shown in the lectures, and the opportunity of practically applying methods taught in the lectures was readily seized. One course of lectures on "Domestic and Personal Hygiene," at Stoke Newington, to ladies and gentlemen, was fully attended.

EXAMINATIONS.

Mr. Lankester has examined nine nursing classes, after instruction by Miss Homersham and Miss Barnett; Miss Homersham's candidates acquitted themselves with great credit, especially the candidates at Wimbledon (Gordon Lodge), and the three first on the list of successful competitors at Moray Lodge—Miss Kate Lewis, Miss Elinor Stanton, and Miss Constance Hargrove.

Miss Kate Lewis, Moray Lodge, Kensington, and Miss Esmeralda Eumorfopoulo, 1, Kensington Park Gardens, have passed first with great distinction in two examinations. Mr. Lankester examined ambulance classes at Brixton and

Brighton, taught by Dr. Gell and Mr. Edgar Willett. At Retford he examined a class of railway porters, who acquitted themselves in a most creditable manner, and showed by their answers that they had gained a thorough knowledge of their subject from their teacher, Mr. Jessop. At Pinxton he examined two ambulance classes, one of men, one of women—most of them colliers and the wives and daughters of colliers. The women, although unable to write, showed a practical knowledge which was astonishing, and which has since proved of real benefit in emergency.

The thanks of the Society are due to Mrs. Brinsley Nixon, Mrs. Stephen Ralli, Mrs. George Leon, and Mrs. Watts, of Chiswick, for so kindly lending their houses for these courses of lectures. The rest were delivered in mission-rooms, school-rooms, and other public institutions. Mrs. Arthur Lewis has again offered her house on Campden Hill for a course of Domestic and Personal Hygiene, to commence in February.

LECTURES BY DR. GELL.

In April and May a course of lectures on "First Aid to the Sick and Injured" was given by Dr. Gell at Brixton. The audience consisted chiefly of ladies, who showed their warm interest in the subject, not only by their attentiveness during each lecture, but by the questions they asked at its close, and the assiduous manner in which they devoted themselves to the practical part of the work. Many of them subsequently entered for the examination for certificates held by Mr. Lankester.

Examinations for the Society's certificates in the subject of "Aid to the Sick and Injured" have been held by Dr.

Gell during the past year, after the courses of lectures given by Mr. Lankester, at Belsize Park, at Collingham Gardens, at the Buckingham Palace Hotel, at Devonhurst House, Chiswick, at Gordon Lodge, Wimbledon, and at Cleveland House, Clapham Park. He reports that the general average of proficiency was most satisfactory, and was evidence of the thorough soundness and clearness of the instruction given to them by their lecturer. Fully two-thirds of those who entered for the examinations secured the certificates, while among those who especially distinguished themselves must be mentioned Miss Esmeralda Eumorfopoulo—who on two occasions entered for the examination, and on each passed first with distinction—and Miss Kate Lewis.

An examination has also been held by Dr. Gell for the certificate in "Domestic and Personal Hygiene," after a course of lectures at Stoke Newington, the majority of the candidates showing a very intelligent appreciation of the subject taught.

An examination following Miss Homersham's lectures on "Sick Nursing," at Lancaster Gate, was held by Dr. Gell, at 22, Gloucester Square, by the kind consent of Lady Locock. Dr. Gell reports on the high average of excellence exhibited by the candidates, Miss Locock, Miss Sturgess, and the Misses Grierson particularly distinguishing themselves. He writes: "The result is evidence, not only of the warm interest taken in this very important subject by the candidates, but also of the admirable way in which they had been taught, and I consider that in Miss Homersham the Society has a most valuable and able lecturer; and that in securing the

services of a lady who has undergone a thorough hospital training the Society is at a very manifest advantage as compared with other institutions which organize similar courses of instruction."

MISS BARNETT'S LECTURES.

Brixton.—"Nursing" course.
Queen's Gate Hall.—"Nursing" course.
Wheatsheaf.—"Home Nursing," one lecture.

Miss Barnett went to Wales in the autumn, and gave for the Llandaff Diocesan Branch of the Girls' Friendly Society some very successful courses of lectures on "Domestic Economy and Nursing," in Newport, Abergavenny, Caerleon, Chepstow, Belmont, and other places. The Society feels that there is a large amount of work to be done among the members and associates of the G.F.S.—the mothers of the next generation—and hope that other dioceses may apply for similar lectures.

Mr. Edgar Willett has examined, at Stoke Newington, on "First Aid to the Injured," after Mr. Lankester's lectures.

WORKING WOMEN'S HEALTH ASSOCIATION.

Mrs. Defries has added many members to the Working Women's Health Association in connection with the Society, and has lectured again in the Jewish School-rooms, Bishopsgate Street, Poplar, Nine Elms, St. Luke's, Berwick Street, and elsewhere, on "Food: What to Eat, and the Reason Why," "How Best to Avoid Infection," "Personal Care of Health," and

similar subjects. Her report is: "I find a great improvement in the women I meet at the missions. Many of them are now fully alive to the importance of ventilation and open windows, and are well informed as to the uses of disinfectants." The Working Women's Health Association numbers from 500 to 600 members in Westminster, Soho, Limehouse, Bishopsgate, Spitalfields, Lambeth, Gray's Inn Road, Battersea, Poplar, Nine Elms, and Notting Hill.

COUNTRY LECTURES.

Mr. Maude has delivered a series of Health Lectures to the women of Crockham, at the house of a member of the Society, Mrs. Storr, of Willy's at Heath. "The Management of Infants," "Ventilation of Houses," "The Sick-room," "Prevention of Infection," and "First Aid in Accidents," were all dealt with in the most simple manner, and illustrated by diagrams, models, clothing, etc., lent by the Society. These lectures were thoroughly appreciated by the working women of the village, and their attendance was most regular. The Society would be glad to assist with more teaching of this sort in country towns and villages.

PUTNEY LECTURES.—John Gay, Esq., M.R.C.S., has given most successful ambulance lectures in Putney, at the house of Mrs. Carlisle, who was kind enough to lend it to the Society for this course. The lectures were illustrated by most clever and ingenious models and diagrams, devised by the lecturer.

MR. JESSOP, of Retford, gave a course of six ambulance lectures to the men employed on the railway, who took the matter up in a very spirited and enthu-

siastic way, and the result of the examination held by one of the Society's examiners was most satisfactory.

DR. HURRY, of Reading, member of the National Health Society, gave a course of lectures at Reading to a class of sixty-five ladies, on "Hygiene," "Ambulance," and "Nursing." The course extended over nearly four months; and an examination was held. A circulating library of books on physiology, health, and nursing was provided, and largely used.

DR. CROSSMAN, of Hambrook, has again delivered a course of eight lectures on "Elementary Physiology," "Hygiene," and "Sick Nursing," to the female students of the Fishponds Diocesan Training College.

DR. BERNARD O'CONNOR has, during 1888, delivered the following lectures:

Jan. 21st.—Saturday Evenings for the People, Devonshire Square Church, N., on "Physical Training" (before an audience exceeding 600).

Feb. 15th.—Free Library, Bethnal Green, on "The Human Machine, and How Kept in Repair."

Feb. 22nd.—Ditto, on "Common Mistakes and their Explanation."

Feb. 29th.—Ditto, on "The Blood: Its Composition, Circulation, and Uses."

The above lectures (illustrated by means of coloured diagrams, etc.) were delivered in language suited to the understanding of the audiences, which consisted principally of working men and women. Questions put at the end of each lecture were answered by Dr. O'Connor.

THE COMMITTEE would again draw attention to the almost absolute necessity for young people being acquainted with the elementary laws of health, and to the great advantages which flow from information on this

subject being *judiciously* imparted to the scholars of not only the large public schools, but also the numerous high schools and other and smaller establishments for boys and girls. Two years ago, at the request of the Very Rev. Canon Cromwell, Dr. O'Connor delivered, on behalf of the National Health Society, an advanced course of eight lectures on "Hygiene" to the students of the Training College, Chelsea; and on the 25th of last October he commenced, at the Willesden Convent Young Ladies' School, a course of (about thirty) lectures on "Elementary Physiology" and "Hygiene," to be continued on the Thursday evenings until the summer. Of this course there had been delivered, by December 20th, nine lectures, of which the following is a syllabus:

Lecture 1.—Introductory Remarks.—Meanings of Words "Anatomy," "Physiology," etc.—Body: Head, Trunk and Limbs; Contained Organs.—Spinal Column; Curves; General Vertical Position of Spine; Ribs; Curves of Thorax.—The Covering of the Body (Skin).

[Diagrams, etc., exhibited of bones and of articles of dress producing deformities.]

Lecture 2.—Two Hundred Bones; many Distinct in Early Life, united later.—Composition of Bone.—*Burnt* and *Macerated* Bone.—"Skeleton," Uses of.—Vertebral Column; Intervertebral Discs.

[Specimens of bones.]

Lecture 3.—Arch formed by Pelvis and Femora.—Osseous Arrangement of Arms and Legs.—Joints.—Ligaments.—Movements of Joints.—Muscles, Contractility of.—Effects of ditto.—Antagonism of Muscles.

Lecture 4.—Blood, Circulation of.—Heart and Blood vessels.—Action of Heart, etc.—Capillaries.—Veins.—Systemic and Pulmonary Circulations.—"Weak" Circulation.—Comparative Anatomy.—Sounds of Heart.—Stethoscopes.

—Portal Circulation.—Blood, Composition of; Corpuscles; Lymphatics.

[Diagrams of circulation, heart, arterial and venous blood, positions of organs, microscopic demonstration of corpuscles, dissection of sheep's heart and lungs, etc.]

Lecture 5.—Derivations of words "Artery," "Aorta," etc.—Capillary "Congestion," etc.—Anæmia, "Fainting."—Respiration, Organs of.

[Diagrams of nose, pharynx, structure of lungs, etc.]

Lecture 6.—Respiration, Mechanism of.—"Tidal" Air.—"Atmospheric Pressure."—Water entering Syringe.—Air changes in Lungs, Chemistry of.—"Total Capacity" of Lungs.—Products of Combustion in Blood.—"Inspired" and "Expired" Air, Difference between.—Overcoats.—Insufficient Exercise.—Insufficient Quantity of Pure Air.—Respirators.—Cold Feet.—Chilblains.—Foot-warmers.—Exhalation from Skin.—"Airing" beds.—"Congested" Throats.—Bad Habits of Reading and Speaking.—Constipation.—Other Disorders.

Lecture 7.—Digestion, Organs of.—Lips.—Teeth: Different Sorts of; Arrangement, Structure and Composition of; Care of, and Cleaning.—Temporary and Permanent Teeth.—Work done by Teeth.—Tooth Forceps.—Mucous Membrane of Mouth.—Salivary Glands.—Saliva, Composition and Use of.—"Dry" Mouth.—Snoring.—Acids and Alkalies.—Process of Swallowing.—Soft Palate.—Fauces.—Epiglottis.—Œsophagus, Movements of.—"Bolting" Food.—Stomach, Situation, Structure and Functions of.—Mucous and Gastric Glands—Composition of Gastric Juice.—Stomachs of Ruminants.—Rest after Meals.

[Diagrams in elucidation of above details.]

Lecture 8.—Small Intestines, Structure of, and Digestion in.—Pancreatic and Biliary Secretions.—Digestion of Fats.—Liver, Structure and Function of; Portal Circulation; Changes of Blood in.—Bile, Composition and Uses of.—Ditto of Pancreatic Fluid.—Large Intestines.

[Diagrams.]

Lecture 9.—Skin; Epidermis and Derma; Sweat Glands. —Perspiration, Composition, Secretion, Excretion and Evaporation of.—Analogy to Functions of Lungs and Kidney.—Sebaceous Glands.—Clean Skin.—"Powder." —Clothing.—"Waterproof" Coats and Bed-covers, Eiderdown Quilts.—Hair: Structure, Growth and Follicles of; Direction of Growth of.—Hair "standing on End."—Alterations in Hair.—Washing and brushing Hair.—Nails, Structure, Growth and Alterations of.—Care of Nails.—Kidneys, Situation, Structure and Functions of.—Analogy to Lungs and Skin.—Gout.—Rheumatism.—Alcohol.

[Diagrams of skin, hair and nails; microscope; dissection of sheep's kidney.]

The nervous system was treated of subsequently, and the remainder of the course was devoted to Hygiene proper.

HYGIENE IN SCHOOLS.

Applications for similar courses of lectures in High Schools, Public Day School Company's Schools, and Private Schools, will receive prompt attention from the Secretary of the Society, one great object of the Society's work being to introduce where possible, and encourage, this special teaching in schools of all kinds.

LECTURES TO MINERS.

Dr. Parry Jones gave a course of teaching on "First Aid to the Injured" at Pinxton, to the miners and their wives in the district. The candidate who passed the best examination and took a first-rate certificate was a stout miner's wife, who said, on being congratulated, "Ay! I be not afeerd of the blood, sir." One of the Society's examiners went to Pinxton on purpose to examine this class.

MOTHERS' MEETINGS.

Many ladies, having attended courses of the Society's lectures, and having benefited from the teaching derived from them, are anxious to impart again the useful knowledge gained to classes of those less fortunate than themselves, and have formed classes of working women, mothers of families, or have attended mothers' meetings in their immediate neighbourhood in some very poor districts, and have retailed to the working mothers in a simple and interesting way the most practically useful information—"How to Keep the Home Healthy," "Food and the Care of Children," "Personal Health," "Prevention of the Spread of Infection," etc.

Amongst these amateur Society's lecturers are Mrs. Henry Swann, Miss Warren, Miss Fowke, Miss Keeble, and Miss Micholls.

FREE LECTURES.

Miss G. Robertson has been most successful in her simple practical teaching amongst the poor. She has addressed mothers' meetings and classes of working women and girls in various parts of London; in fact, wherever an application has been made at the office for such teaching.

The women and girls so taught have been delighted, and eager to ask questions and obtain further information at the close of the lesson. "Temperance," "What to do till the Doctor comes," "Words to Women," "How to keep Home Healthy and Happy," "Babies," "Home Nursing," "Washing and Dressing," "Food and Cookery," have all been taken in turn.

Miss Marten has given courses of lectures to shop-girls in Greenwich and elsewhere on these subjects.

LECTURES TO MOTHERS.

Miss Stacpoole has been successful in her talks to mothers on their own health, both before and after the birth of their children, and the feeding and rearing of infants.

Free single lectures or short courses for working women have been given in Westminster, Berwick Street, Nine Elms, Lewin Street, Stoke Newington, Hurstpierpoint, and elsewhere.

MEETING AT GROSVENOR HOUSE.—The President of the Society, his Grace the Duke of Westminster, put Grosvenor House at the disposal of the Society for the distribution of certificates to students who had successfully passed the Society's examinations on "First Aid to the Injured" and "Nursing the Sick." The Duke presided, and opened proceedings by a short address on the importance of the work of the Society. The Duchess most graciously awarded the certificates to 300 ladies and gentlemen. Many of the candidates came from the country on purpose to take their certificates from the hands of the Duchess. The spacious rooms of Grosvenor House were filled to overflowing by friends of the Society and those who were anxious to hear the words of the noble President. Amongst those on the platform, some of whom spoke a few words, were Mr. Ernest Hart (Chairman of the Society), Sir Spencer Wells, Bart., Sir James Crighton Browne, Dr. Farquharson, M.P., Mr. Priestley, Lady Ayters Browne, the lecturers and examiners of the Society, Dr. Langdon Down, Mr. Frederick Treves, Dr. Schofield, Mr. Owen Lankester, Dr. Gell, Miss Barnett, Miss Homers-

ham, and Mr. Edgar Willett. Thanks are due to the gentlemen who so kindly acted as stewards on this occasion: Rev. M. Lambrick, Dr. Little, Rev. E. Felton, Basil Holmes, Esq., Charles Powell, Esq., Messrs. Vivian and Lionel Hodgson Burnett.

EXAMINATIONS.—The thanks of the Society are due to its hon. examiners, Dr. Langdon Down and Mr. Frederick Treves.

LECTURES AT THE PARKES MUSEUM.—In connection with the Council of the Parkes Museum, a course of lectures on "Domestic Hygiene" was arranged at the Parkes Museum, and was given by Dr. A. T. Schofield in his usual agreeable and popular style. A very large audience assembled each week. Tea was served at the close of each lecture, when Dr. Schofield most kindly answered questions addressed to him. "Healthy Homes and Sanitary Homes," "Our Boys and Girls," "The Ethics of Eating," "Personal Hygiene," "Home Nursing," were the subjects taken and illustrated most fully by diagrams, experiments, and specimens of sanitary apparatus and clothing. At the last lecture a demonstration on a patient in bed was given by trained hospital nurses.

HER ROYAL HIGHNESS THE DUCHESS OF ALBANY presented the Society's certificates to those who successfully passed the examination, before a large and distinguished company, at the Parkes Museum on May 5th. The examinations were conducted by Dr. Langdon Down and Mr. Frederick Treves.

NORTH LONDON COLLEGIATE SCHOOL FOR GIRLS.—Prizes for "Laws of Health" and "Domestic Economy," presented by the National Health Society, June, 1888:

1st	Miss Mary A. M. Copland	Book of Heath.
2nd	Miss Alice Soole	Our Homes.
3rd	Miss Violet Moore	Our Homes.
4th	Miss Ellen Louisa Gray	Our Homes.

LONDON SCHOOL BOARD.—754 girls went up for examination in "Laws of Health" and "Domestic Economy," for National Health Society prizes, from 71 schools. "Taken as a whole, the results of the examinations may be considered satisfactory, and compare favourably with those of 1886."

EXAMINER'S REPORT.

LIVERPOOL SCHOOL BOARD.—62 girls, from 12 schools, were examined; 58 of these passed and only four failed. "Some of the answers are models of clear, straightforward, and discriminating statement."—*Examiner's Report.*

NEW PUBLICATIONS.—"First Aid to Injured and Sick" has gone into a second edition. "Home Nursing," by Miss E. M. Homersham, 6d. and 9d.; "A Healthy Home in One or Two Rooms," by Miss Barnett, price 1d., are both new. There has been a large increase in the sale of the publications, as the demand for them has been in a measure created at the drawing-room lectures, where they are always on sale.

An almanac with much useful information was published and sent to all members of the Society.

THE METROPOLITAN PUBLIC GARDENS ASSOCIATION (83, Lancaster Gate, W.).—The work of this Association, which is in connection with the National Health Society, has been carried on very actively during the past year, and a large number of undertakings have been brought to a successful issue.

Five public gardens and two playgrounds have been laid out and thrown open; several grants have been made to public gymnasia; seats have been placed in gardens and thoroughfares; trees have been planted in six streets and twenty small churchyards; a park of fourteen acres, situated in Camberwell, has been laid out by the Association, and will shortly be opened under the name of Myatt's Fields; assistance has been given to several schemes for the preservation, acquisition and laying out of open spaces; and the Association has achieved a great success, by inducing the London School Board to try the experiment of opening some of their playgrounds during the whole of Saturday. One of the gardens laid out and opened was that round the Tower of London, a benefit immensely appreciated by those who live in the neighbourhood. But perhaps the most interesting and permanently useful of the undertakings of the Association are those efforts which are made to procure the carrying out of existing Acts relating to open spaces, to oppose proposed action by which open spaces would suffer, and to force the Government, the Vestries and District Boards, the Charity Commissioners, and other bodies, to do their duty in this direction. There are several "fights" now on hand; and every endeavour will be made to bring the London County Councillors to give due consideration to the all-important questions of preserving, providing, and maintaining adequate breathing-spaces and recreation-grounds for the inhabitants of the Metropolis. Funds are urgently needed for carrying on the large amount of work which is now in progress, and contributions sent to the Earl of Meath or the Secretary will be gratefully acknowledged.

The N. H. Society may be considered to have

done a very good year's work. Upwards of 450 lectures have been given during the year. A large amount of useful knowledge has been diffused by means of the special courses of lectures, and again rediffused amongst a different class, by many of those who have attended the special courses. A much larger number of *free* lectures have been given, in consequence of the payment derived from the drawing-room courses, which have become a source of income to the Society.

NEW MEMBERS.

Seventy-two new members have joined the Society during the year, and in spite of all the extra expense of organizing and superintending so many different courses of lectures in the suburbs, the carriage of diagrams, models, bandages, nursing apparatus, patients (little boys or girls) for nursing lectures, and boys for practising bandaging upon, and travelling expenses, the Society is this year £50 in hand at the end of the year.

MEMBERSHIP.—*Members of the Society are entitled to a ticket for all lectures given under its auspices, to a copy of all its publications, and to the loan of diagrams and apparatus for lectures; and advantages are afforded in the arrangement and organization of lectures in their respective districts.*

The Committee are glad to facilitate the action of members respecting the sanitation of their own dwelling-houses.

Membership is constituted by the payment, annually, of £1 1s., *or by the single payment of* £10 10s.

NATIONAL HEALTH SOCIETY.

CASH STATEMENT FOR THE YEAR ENDING DECEMBER 31ST, 1888.

Dr.

	£	s.	d.
To balance from last account	23	19	8
,, Subscriptions and Donations ...	340	13	6
,, Proceeds of:			
Lectures	380	19	10
Sale of Pamphlets, etc., at Office and Lectures	60	11	0
Do. at Allman and Sons, Ltd. ...	18	8	11
,, Amount received for Advertisements	40	0	0
,, Do. for Rent of Office	2	12	6
,, Dividends:			
Canadians	3	11	4
Consols	4	0	0
	£874	16	9

Cr.

				£	s.	d.
By Rent and Attendance				100	0	0
,, Secretary's Salary				75	0	0
,, Assistant Secretary's Salary ...				37	10	0
,, Commission to Secretary				34	1	4
,, Office Expenses, Coals, Lighting, etc.				63	6	8
,, Printing and Publishing				106	18	4
,, Stationery				10	17	9
,, Postage and Telegrams				45	13	5
,, Expenses of Lectures				337	1	7
,, Books				2	13	7
,, Travelling Expenses and Carriage of Parcels				9	17	9
,, Balance:						
In hands of Treasurer...	46	10	1			
In hands of Secretary...	5	6	3	51	16	4
				£874	16	9

CAPITAL ACCOUNT.

	£	s.	d.
Investments:			
New Consols	100	0	0
Canadian Bonds	100	0	0
	£200	0	0

H. W. LAWRENCE,
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4th April, 1889.

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Brett, Mrs.	0	2	6
Butterworth, Mrs. ...	0	10	6
Collection at Grosvenor House Annual Meeting	14	18	6
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Eumorfopoulo, Miss E.	0	5	0
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